

## **Frequently Asked Questions About The Tiffin University Martial Arts Club**

Many people are interested in taking martial arts or some sort of self-defense, but are not sure about it because they have questions and don't want to look foolish or do the wrong thing. Here are some of the most common questions and answers that may help you in your decision.

### **I'm totally clumsy, should I even bother trying?**

Of course. In fact, martial arts training builds coordination (full-body and hand/eye coordination), balance, reflexes, flexibility, strength, timing, and grace.

### **Do I have to be strong?**

It doesn't hurt, but the skills one learns in the martial arts can be used without great physical strength. I won't lie, though being strong helps, and the martial arts will build up some strength.

### **Have a lot of the students been doing it for a while? I've never done anything like this.**

People start at all levels and we're very open to beginners. We start by going through the same basic exercises every session, just like a great pianist goes through scales to warm up. That way new people can learn from the beginning and the more experienced people can get better and reinforce their basics.

### **When does this start and for how many weeks. Do people go to all 3 sessions per week or just one? I'm on a sports team and can't make each session. Will I fall behind?**

We're starting today, and since it's a club, not a class or traditional school, you can join whenever you want. Many students make it only one day per week, or skip a week if they are too busy. If one is interested in getting belts, regular attendance would be necessary, but if one just wants to learn some self-defense and see where it takes one, then regular attendance isn't necessary.

### **What style do you teach?**

We teach a blend of styles. Our basic style is Shotokan Karate, which is the traditional Okinawan style, but we also do Tae Kwon Do, Uechi Ryu Karate, Brazilian and Japanese Jiu-Jitsu, Judo, Aikido, Wu Shu, Kobudo (including nunchaku, staff, tonfa, knife throwing, manrikiguisari, kama, sai), Kickboxing, Escrima, and much more.

### **I have a belt in another style. Will I have to start from scratch with your style?**

From the answer above you can probably see that we don't limit ourselves, nor do we discriminate against people in other styles. Your rank will be honored.

### **Is there a lot of bowing and kneeling and Japanese terms?**

Not in our club. We're a student club and we try to respect all sorts of traditions. When we are preparing for tournaments, we practice what bowing and formalities we'll need to use.

**Would it cause problems in my sport?**

Some people believe that the skills used in the martial arts will get in the way of their preferred sports. Nothing could be farther from the truth. The skills and physical benefits generalize and make one a better athlete all around. The benefits to reflexes, coordination, balance, and strength can only help one, and it gives more exercise for the off-season.

**When do you meet and where are you located?**

|                  |                      |             |
|------------------|----------------------|-------------|
| Spring Semester: | Tuesdays & Thursdays | 4:30-6:00pm |
|                  | Saturdays            | 12:00-2:00  |

At the Recreation and Club Sports Building

(Formerly the Art House—213 Miami St. the white cinderblock building between the Hertz Technology Center and Pettibone. *No parking in the Pettibone driveway.*)

**How much does it cost?**

It's free. If one is not a member of the Tiffin University community (student, faculty, staff, or family), the cost is \$30/month.

**What style should I try?**

If you're looking for a commercial martial arts school, you may have to search for a style that fits your personality and physical abilities. For example, Aikido is very passive and non-confrontational; it's perfect for gentle people. Jiu-Jitsu is like wrestling and requires strength. Flexible people tend to do better at Tae Kwon Do, and Shotokan uses powerful punches and hits.

Since we are open to so many styles, I'm sure you can find one that we're training with that works best with your abilities and interests.

**Do I have to wear a uniform?**

Only if you're competing. Then there is a required uniform (called a 'gi') and other protective gear. You can buy one through the club for \$15-20, depending on the size. For class, wear loose, comfortable clothes you won't mind exercising in.

**Do you have awesome T-shirts?**

Why yes, we do. They cost from \$5 to \$8 and are in small to XXL